

Illinois Valley Youth Tackle Football League
BY-LAWS (2018)

**Article I
NAME**

This organization shall be known as the Illinois Valley Youth Tackle Football League (IVYTFL).

**Article II
OBJECTIVE**

To attain and promote the growth of scholastics and sportsmanship to our community youth through athletic competition.

**Article III
GOVERNMENT**

Section 1, **MANAGEMENT**: A Board of Directors shall govern the Illinois Valley Youth Tackle Football League. The Board of Directors is made up of one representative from each team participating in IVYTFL. At the January Directors meeting, new officers will be appointed based on a rotation Schedule. Each team will rotate up one position each year. If a new team is added they will start at the bottom of the list after that year rotation has been established. IVYTFL will function as a Board of the whole. The Board of Directors has been established to oversee the League as a whole, but not to intervene in individual member board matters unless a member organization breaks the By-Laws of IVYTFL.

The 2018 IVYTFL Board of Directors is as follows:

President –Monee	Directors : Channahon
Vice-President- Morris	I J P
Treasurer – Bradley	
Secretary – Steger	

IVYTFL will consist of no more than eight (8) clubs. (Added 1-4-2017)

IVYTFL will also have a Cheerleading committee made up of one(1) representative from each member organization. This committee will meet at the same time and place as the regular IVYTFL board. They will bring recommendations concerning the Cheer program to the IVYTFL Board of Directors for board approval.

IVYTFL by-laws will be closed for additions and subtractions from March to November of each year. (Added 2-1-12)

IVYTFL BY LAW CHANGES will be submitted in written form at a IVYTFL League meeting. (No internet proposals) to be voted on at the next schedule IVYTFL League meeting. (Added 2-1-13)

IVYTFL Board of Directors are to be considered as individuals and not as teams. In the event of a missing Officer the next Officer will reside for that meeting. The Officer will be set at the January meeting and reside for the remainder of the year.(added 1/6/16)

Section 2, **DUTIES**: The Board of Directors shall perform the duties and exercise the powers described by the Articles of Incorporation set forth in these By-Laws. These duties and powers shall include, but are not limited to the following:

- A. **PRESIDENT**: The President shall act as the Chairperson of the Board of Directors. The President shall be responsible for conducting the affairs of IVYTFL and for executing the policies established by the Board of Directors. The President is responsible for the conduct of IVYTFL and must be in strict conformity of its policies, principles, rules and regulations.
- B. **VICE-PRESIDENT**: The Vice-President shall preside in the absence of the President. The Vice-President will be responsible to verify each member's registrations and bring any questions to the member organizations and the Board of Directors.
- C. **SECRETARY**: The Secretary shall record minutes of each meeting to be presented at the next meeting. The Secretary is responsible for all Board correspondences. They are responsible for keeping track of the designated voter for each member organization during meetings.

D. **TREASURER:** The Treasurer has the authority to disperse League funds with the approval from the Board of Directors. The Treasurer is responsible for maintaining financial records and presenting them at each monthly meeting, as well as an annual report at the January meeting.

E. **DIRECTORS:** Directors are member organizations that do not hold an officers position but still carry a vote in all League matters.

F. No member shall receive any compensation for serving on the Board. Each member organization is expected to attend each monthly meeting. After three (3) absences in a fiscal year, a Board member's term will cease and the organization will be placed on probation and lose voting privileges for one year.

G. **IVYTFL Business Manager:** will be non-voting position on the IVYTFL Board of directors to handle insurance, trophies and team expansion. (Added 2-1-2012)

Section 3, **VOTING:** Each IVYTFL member with voting privileges will be allowed to cast a vote on matters concerning IVYTFL. Before each meeting, a member must sign-in as a designated voter. The designee is the only person allowed to cast a vote at a meeting. Including acting president of IVYTFL. (Added 2/3/16)

Section 4, **GENERAL INFORMATION:** General meetings are held the first Wednesday of each month at the Bradley football facility at 7pm. The President may call special meetings as long as there is a 24-hour notice given to each member. IVYTFL fiscal year is from January 1 to December 31 of each year. A quorum of 51% must be present to hold a meeting.

MEMBERSHIP

Section 1, **ADULT MEMBERS:** Any person who has a child enrolled in the program or has an active interest shall be a member of the Illinois Valley Youth Tackle Football League, and shall be subject its' By-Laws.

Section 2, **YOUTH MEMBERS:** Any child meeting the requirements as set forth in these By-Laws of IVYTFL, shall be eligible for participation. If equipment is available, no child will be refused to participate provided that they conform to the team By-Laws and the IVYTFL Rules of Eligibility.

Section 3, **DISQUALIFICATION:** Any member not conforming to the By-Laws of the IVYTFL may be disqualified at the discretion of the Board of Directors.

RULES OF ELIGIBILITY

1. Each club will consist of four (4) teams, Superlight, Lightweight, Junior Varsity and Varsity, (1 team) per division, limited by age and weight class.
2. All weights listed on Attachment 1 "WEIGHT CHART" assume the player weighs-in wearing their game shoes, socks, game-pants, knee pads, thigh pads, all girdle pads and game jersey.
3. For weigh-ins, the player is not required to wear helmet, shoulder pads, neck roll or rib pads. Stripers and Double Stripers are required to have helmet at all weigh-ins.
4. Dual teams, see Duel team alignment rules.
5. The IVYTFL Board must approve all Double Stripers, except at the Varsity level of play.

STRIPER RULES

Section 1: **SINGLE STRIPER**

1. Only three (3) striper players on the field at a time.
2. Striper players must have a single team color stripe on helmet, front to back, the exception will be – ANY TEAM WITH A PRE-STRIPED HELMET MUST STRIPE THEIR HELMET, FRONT TO BACK, WITH A BRIGHT NON-TEAM COLORED TAPE.

3. Stripers cannot handle the ball on offense and can only handle the ball if there is a turnover on defense. In the course of play, if a striper, either on defense or offense, recovers a fumble or intercepts a pass, he may not advance the ball.
4. The striper position on offense is a down lineman from tackle to tackle. The line positions are defined as LT, LG, C, RG, RT in a balanced offensive set and as LT, C, RG, RXG, RT in an unbalanced right formation and LT, LXG, LG, C, RT in an unbalanced left formation. Stripers are ineligible to go down field for a pass, they can be covered but they don't have to be covered in an unbalanced line. Must have a minimum of seven on the line of scrimmage. (Rev 2/117)
5. A single striper may play defense but must line up in a down position on (ON- is defined as anywhere on the offensive players body) between the offensive tackle as defined in rule 4 above.
6. A single striper may play defense but must line up in a down position on (ON- is defined as anywhere on the offensive players body) the offensive tackle as defined in rule 4 above.
7. If two (2) STRIPERS play defense, they may line up anywhere on or between the offensive tackles, but cannot line up in both "A" gaps or on the same offensive player.
8. If three (3) STRIPERS play defense, two (2) of them must line up on opposite offensive tackles, and the third must line up between the offensive guards.
9. At no time can two (2) STRIPPERS line up or rush the same gap.
10. If a striper plays out of position, an automatic five (5) yard penalty will be assessed against offending team
11. If four (4) single or double stripers participate in a play a five (5) yard penalty will be assessed against the offending team and the down will be repeated. With the option to decline or accept. (Added 2-15-12)
12. A striper on defense is not allowed to drop into pass coverage more than three (3) yards. A five (5) yard procedure penalty would apply.

Section 2: **DOUBLE STRIPER**

1. At all levels of play if one double striper is on the field they may play any position tackle to tackle. If two double stripers are on the field, they are limited to playing "Offensive Tackles" position on opposite sides of the line. The line position defined as LT, LG, C, RG, RT in a balance offensive set and as a LT, C, RG, RXG, RT in an unbalance right formation and LT, LXG, LG, C, RT in an unbalance left formation. Double stripers are ineligible to go down field for a pass, they can be covered but they don't have to be covered in an unbalanced line. Must have a minimum of seven on the line of scrimmage.(Rev. 2-1-17)
2. Double striper players must have a two (2) team color stripes on their helmet, front to back, the exception will be – ANY TEAM WITH A PRESTRIPED HELMET MUST DOUBLE STRIPE THEIR HELMET, FRONT TO BACK, WITH BRIGHT COLORED TAPE ON BOTH SIDES. Single and Double Stripe tape must be different in color. (Rev 09/13).
3. Double striper players **MAY NOT BE ON DEFENSE Except on Varsity(added 3/2/16)**, receiving team or on kick offs. Only one double striper player may play defense on varsity only. Double striper may only line up head up on offensive guards or offensive tackles. May not line up in gaps must make attempt to make first contact with guard or tackle, may not make first movement to gaps.(added 3/2/16)
4. Double striper cannot handle the ball on offense. In the course of play, if a double striper recovers a fumble or catches a pass, they may not advance the ball.
5. Double striper positions are offensive down linemen, from normal tackle-to-tackle positions.
6. If a Double striper plays out of position, an automatic five (5) yard penalty will be assessed against offending team.

7. Double stripers are not allowed to pull at any level. A five (5) yard procedure penalty will be assessed.
8. Double stripers can play the whole game on offense only Except Varsity they can play defense(added 3/2/16), all double striper rules apply. (Added 12-2012)
9. Double striper (varsity only) on defense is not allowed to drop into pass coverage more than three (3) yards. A five (5) yard procedure penalty would apply. (added 3/2/16)

Section 3: STRIPER AND DOUBLE STRIPER RULES FOR SPECIAL TEAMS:

1. PUNT –Stripers may participate but may advance the ball only to the line of scrimmage in an attempt to punt. Double Stripers are NOT ALLOWED to participate on punt team. **Except at varsity doubles are allowed to participate. At varsity levels of play if one double striper is on the field they may play any position tackle to tackle. If two double stripers are on the field, they are limited to playing “Offensive Tackles” position on opposite sides of the line. The line position defined as LT,LG,C,RG,RT in a balance offensive set and as a LT,C,RG,RXG,RT in an unbalance right formation and LT,LXG,LG,C,RT in an unbalance left formation. Double stripers are ineligible to go down field for a pass, they can be covered but they don’t have to be covered in an unbalanced line. Must have a minimum of seven on the line of scrimmage.(NO TRICK PLAYS IF STRIPER IS IN KICKING POSTION)** (Added 12/6/2017).
2. PUNT RETURN – Stripers may participate. Double Stripers CANNOT participate. **Except at varsity one double is allowed to participate head up on offensive tackle or offensive guard. May not line up in gaps must make attempt to make first contact with guard or tackle, may not make first movement to gaps.** (Added 12/6/2017).
3. KICKOFF - No striper or double striper may participate except to be the KICKER. After kicking they must come directly off the field and not participate in the play.
4. KICK RETURN – NO Striper or Double striper will be allowed to participate.
5. EXTRA POINT / FIELD GOALS – May kick or hold the ball but NO trick play allowed. They may also be on the offensive line. No more than a total of three stripers or double stripers allowed **on the line(amended 1/3/18).**
6. **Double striper and stripers allowed to kick for extra points and field goals. Would not count for one of your stripers allowed on the line. (So you can have three stripers on the field plus kicker as a striper or double striper). No trick plays allowed.(Added 1/3/18).**
7. The penalty for violating these rules is a five (5) yard procedure penalty added to the end of the play.

RULES OF THE GAME

1. All teams must field eleven (11) players at the start of every game or that game will be forfeited (General Rule #3). NOTE: Striper and Double Striper rules apply (refer to Striper and Double Striper rule #1).
2. Games will be controlled by four (4) officials whenever possible. In order to maintain play, three (3) officials can be used if accepted by both teams involved. Official time will be kept on the playing field by the referees.
3. **IVYTFL recommends football field to be marked as outlined in IHSA rules. The minimum requirements is field to be marked every 5 yards and at least a single hash mark on either side of field goals at all the 5 yard lines, also mark the extra point lines (3 yards off goal line)at each end zone.(Added 1/3/18).**
4. **Down lineman offense and defense will be consider as followed. Feet Shoulder width apart one foot slightly back with knees bent (as described in USA Football as Breakdown). No sprinter stances or standing straight up and down. Lineman will be considered down in a 3 point or 4 point stance as well . (Added 1/3/18)**
5. All games will be played under IHSA Varsity Rules with the following exceptions:
 - A. Extra points will be scored: One (1) point for a run or pass, two (2) points for kicked.

- a. Superlight and Lightweight move the ball to twelve (12) yards from goal post to kick. If kicking an extra point they must kick.
- b. Superlight and Lightweight may put only six (6) players on defense, lined up from end to end (head on the player in front of them) not covering or rushing the center or (A) gaps, **from a down linemen position** during an extra point kick or field goal attempt. The offense must assume a normal (E T G C G T E) formation with splits no greater than 2 feet. **(Added 12/6/2017)**
- c. Superlight and Lightweights must advise the referee if they are attempting an extra point or field goal.

B. Field goal tries in Superlight and Lightweight:

- a. The ball will be moved 10 yards closer to goal post because of 80-yard field.
- b. Same rules apply as extra point attempts. If attempt is missed or blocked IHSA rules would apply.

6. At no time may any team line-up or rush no more than one (1) player in the A gap. Infraction is a five (5) yard penalty. With option to decline or accept. (Rev. 2-15-12)

7. Games will consist of four (4) quarters with twenty (20) minutes or less at halftime. Quarters, field size and timeouts will be as follows:

A. Superlight and Lightweight Divisions:

- a. Ten (10) minute quarters, played on a shortened eighty (80) yard field and ISHA Rules for time. Clock will start at the time of ball being set for play. (Rev. 01-11)
- b. A thirty-five (35) second play clock will be used.
- c. Four (4) timeouts per half. Timeouts are sixty (60) seconds. (Rev 2/1/17)
- d. After a 30 point spread, time will be continuous until the point spread is less than 30. (Added 1/7/15)

B. Junior Varsity and Varsity Divisions:

- a. Ten (10) minute quarters and played on a regulation field and IHSA rules for time.
- b. Four (4) timeouts per half. Timeouts are sixty (60) seconds.

8. Game Balls: Each team will provide their own game ball on offense. The same ball must be used through a series possession including extra points, punts, field goal attempts and ensuing kick-off. If game ball is not readily available by offensive team upon change of possession, the official has the right to use ball on field. (Rev. 01-11)

Superlight shall use:

Leather - Wilson K2 TDJ, Baden, Rawlings Pro 5 Jr., Rawlings R5-PW
Composite – Wilson K2 or TDJ, Baden, Rawlings ST5, Nike – PW, Under Armor

Lightweight shall use:

Leather – Wilson TDJ or TDY, Baden, Rawlings R5Y
Composite – Wilson TDY or TDJ, Baden, Rawlings ST5, Nike Junior , Under Armor

Junior Varsity shall use:

Leather – Wilson TDY, Rawlings R5, Baden
Composite – Wilson TDY, Baden, Rawlings ST5, Nike – Youth, Under Armor

Varsity shall use:

Leather – Wilson TDS, Baden, Rawlings R5

Composite – Wilson TDS, Baden Collegiate, Rawlings ST5, Nike – Senior, Under Armor

9. When a team leads by eighteen (18) or more points during a regular season game (Added 12/03/2015), the leading team will not kickoff to the losing team. At the Superlight and Lightweight levels the losing team will take possession at the winning team's 30-yard line. At the Junior Varsity and Varsity levels the losing team will take possession at winning team's 40-yard line after any score and at the beginning of the second half until the difference is below eighteen (18) points. If a safety occurs and a team is losing by 18 or more points the losing team will get the ball (at winning team's 30 yard line for Superlight and Lightweight and at winning team's 40 yard line for JV and Varsity) until lead is below 18 points. (Added 12/6/2017).
- A. Prior to the start of each game, the starting backfield line-up will be exchanged between coaches and provided to referees. The starting backfield consists of the four (4) backs and two (2) ends. To avoid confusion, the five positions not listed will be the two (2) tackles, two (2) guards and center.
 - B. The starting backfield of the leading team must be substituted and may not handle the ball on offense until the score is below eighteen (18) points. If positions of players are not available as substitutes, positions of players must be changed. A five (5) yard procedure penalty, with option to decline or accept, (Rev. 2-15-12) will be charged if a starting backfield player plays one of the designated positions. The exception to this will be a player who is listed in the starting backfield and assumes the position of special teams. This player may continue to perform these duties but at no time may they advance the ball.
 - C. When a team leads by eighteen (18) or more points starting backfield may advance the ball only to the line of scrimmage in an attempt to punt or kick. This does NOT apply to defense (Added 12/03/2014). No trick plays. (Amended 2-10)
 - D. If a team differs a coin toss to second half even if team is up by 18 points or more that team will still be able to receive the kick in the second half. (Added 1/13/18).
 - E. All Striper rules apply (Added 12/03/2014).
10. At the Superlight and Lightweight level, if a kickoff goes out of bounds after traveling more than ten (10) yards, the ball will be placed at midfield. If the ball goes less than ten (10) yards, a ten (10) yard penalty will be assessed from where the ball went out of bounds. (Added 1-4-2012). All High School rules apply at Junior Varsity and Varsity.
11. At the Superlight and Lightweight level, the offensive team must inform the referee if they are going to punt on fourth down. If they are punting, the defensive team cannot rush the punter. The punter cannot move more than five (5) yards to the right or left from the center to punt. The punter will be given a five (5) second count to punt the ball after it is snapped. If the ball is not punted within the five (5) second count, a five (5) yard delay of game and loss of down penalty will be assessed.
12. At the Junior Varsity and Varsity level NO player shall lineup head-on the center or rush the A gap unless in a down linemen position head up on the guard during a punt, field goal or extra point attempt. If they do a five (5) yard procedure penalty will be called. Also ANY CONTACT with the punter, kicker or holder will be called UNDER IHSA RULES BY THE OFFICIALS. (Rev. 01-11)
13. The Superlight and Lightweight levels will not have any major penalties to exceed ten (10) yards.
14. All tie games will be played off per IHSA Varsity rules.
15. All playing shoes must be IHSA approved shoe.
16. Referees and both team representatives will have full responsibility for maintaining discipline and control in the matters concerning the conduct of the coaches, players, fans and their effect upon playing conditions.
17. Any Player or Coach ejected for any reason or involved in fighting during their game on the field will receive an automatic suspension for the remainder of that game and the following game. A second offense will result in a suspension for the remainder of the year. All ejections must be reported to the league Secretary and all league teams via e-mail by both teams and game official within twenty-four (24) hours of the game in which this occurred. (Rev. 01-11). Coaches while on suspension will not be allowed on the field or on side lines of the game. (Rev & added 2-15-11)
18. Cancel games prior to completion.

- A. Canceled anytime during and prior to the start of the fourth quarter are considered incomplete and will be continued on the home team's field at an agreed-upon date and time.
 - B. Games are considered complete at the end of the third quarter, if canceled due to severe weather. (Rev 2/1/17)
19. Game Delays: The League recommends delays to last one (1) hour prior to canceling a total game day or one game. We also require referees to remain on the premises and will be reimbursed for their time. To minimize the backup of games, if able to continue, the following options should be utilized:
- A. Complete game as started.
 - B. Complete game in progress and if team is leading by eighteen (18) points or more utilize "Rules of the Game" 16.B and move to next game.
20. No player will be allowed to compete while wearing a soft or hard cast.
21. All initial contact on the interior line for both offense and defense must be above the waist. Interior line is defined as outside shoulder from tackle to tackle on offense. Unbalance formations are defined in striper rule #4.
22. All on field coaching at the Superlight & Lightweight levels will end once the quarterback is set. The first flag will result in a warning. A second and sequential flags will result in a five (5) yard penalty.
23. WEIGH-INS
- A. All weigh-ins will be held at halftime of the game in progress, except for the first game of the day. They will be held one hour prior to start time. They will be executed under the provisions set by "Attachment 1, Weight Chart". (Rev 01-13)
 - B. Each team is requested to have one person as a coordinator to handle all weigh-ins and disputes. Each team is required to have a coordinator and only one coach present at all weigh-ins. (Rev.1-4-2012) NO parents will be allowed at weigh-ins.
 - C. A digital scale is the only scale approved by the league directors. A fifty (50) pound metal weight will be used to check the scale before weigh-ins. (Rev2/1/17)
 - D. Opposing AD's will have the right to inspect equipment to assure that it is of the type used by the players in the game. If a player is found not to be wearing complete or improper equipment at weigh-in the opposing team has the right to make that player sit out the first half of play.
 - E. A player arriving late has until the start of their game to be weighed; after the game starts they must sit out until halftime of their game to be weighed in.
 - F. All players will be weighed carrying their game jersey.
 - G. If a player weighs in at halftime prior to his/her game and does not make weight, he/she has the right to weigh-in at halftime of his/her game. The five (5) plays per game rule applies. (At halftime, a striper/double may not re-weigh to make it as a non-striper/striper.)
 - H. All stripers and double stripers including if the player was a striper or double striper the previous game must present there helmet with stripes at time of weigh-ins. (Added 12-7-2011)
24. Each team has the right to ask for measurements during a game as long they have time outs remaining. If the ruling on the field is over turned the team will not be charged with a time out. If the ruling on the field stands the team will be charged with a time out. (Added 12-7-2011)
25. All players must play a minimum of five (5) plays.
- A. A play is any attempt to proceed with game play with the exception of the following. Taking a knee, spiking the ball and any dead ball foul. (Added 12-09) (Moved from General Rules #12 02-14)

GENERAL RULES

1. Each team will provide no later than **Friday before first schedule games of IVYTFL Schedule** a complete Football & Cheerleading roster master sorted by level of play in **paper form at next IVYTFL Meeting to each individual team** and a copy of the same information via email or cd in excel format to the league. The rosters must be sorted numerically for football and alphabetically for cheerleading in the format below. **(Amended 1/3/18).**

Jersey #	First name	Last name	Age-FB Grade-Cheer	Birthday	Level	Weight
1	Johnny	Player	8	7/26/01	SL	75
2	Billy	Football	7	9/2/01	SL	60

A. All teams are required to submit via email before a game, new rosters to every team after a roster move (i.e. LW move up to JV) or a new player added. It is a team's discretion to allow individual players to play if not listed on a roster. No new players will be allowed after the August League meeting if a team has twenty-two (22) or more players.

2. All games will be played on Saturdays beginning no earlier than 10:00am except by special agreement by both teams. (A \$25 rescheduling fee will be charged to the team requesting to reschedule a game after July 1st, with the exception of weather related changes. All weather related cancellations must be played at an agreed upon time by the two teams involved. If an agreed upon time can't be met, then the games will be scheduled by the league for the first open weekend date that the two teams have in common. If a team can't play on the date assigned the team not attending would forfeit that day's games.) (Rev2/1/17)

3. Players will be allowed to move up in division if overweight, but once moved, they will not be allowed to move back. Players may play in only one division on any scheduled date, unless to avoid a forfeit. Final decisions will be left up to the coaches involved to avoid a forfeit. **No IVY Board approved double striper can play up to stop a forfeit. If double striper moves up will have to stay at that level and meet weight requirements for that level.** (Added 1/3/18)

4. If two (2) teams tie for first place, they will be considered co-champions. Both divisions will have League champions. Trophies will be awarded to first and second place teams at each level of play, if there is a tie, only the co-champion trophies will be awarded.

5. Registration of players/cheerleaders is allowed at any time up to last week of regular season and according to team numbers per rule (1A in General rules). Must have a full Week of practice prior to playing in a game. NO TRYOUTS. No player will be allowed to practice without insurance or proof of age. All Superlight and Lightweight teams will be granted permission to hold an informal 2-hour seminar one week prior to the start of the season. The purpose of this seminar is to fit and explain equipment, and to explain football terminology. No evaluation of players is to take place.

6. Practice may begin three (3) weeks prior to the first scheduled game for both football and cheerleading. **For 2018 season teams will be able to start practice (4) weeks prior to first game.** (Amended 3/7/18)

7. The League will allow five (5) practices per week prior to September 1. After this date, the maximum number of practices per week will be four (4). A player must have one (1) week of practice prior to participating in their first game. The league requires all participants to have a sports physical. A copy of one taken for school will be accepted. Parents who refuse MUST sign a waiver releasing the league and organizations of any liability.

8. Any single team found to be in violation of Rules 5, 6 or 7 will be disqualified from football playoffs and/or cheer competition at the discretion of the Board of Directors. The member organization will also be placed on 1-year probation and a second offense will result in removal from IVYTFL.

9. Should any team, for any reason, wish to protest a game a written statement must be made to at least three (3) members of the League Board, giving the reason for the protest, with-in seventy-two (72) hours of the completion of the protested game. The League Board of Directors will meet at its earliest opportunity after all teams have been notified of the protest to determine if the protest is valid. A protest fee of fifty dollars (\$50) will be assessed to the protesting team, to be returned, if the protest is upheld. The losing team will pay a fine of two hundred fifty dollars (\$250). IVYTFL discretion on the outcome of the game that is under protest.

10. Any coaches or team official found intentionally violating League rules or the accepted rules of fair play and sportsmanship, that team may be placed on one-year probation. The Board of Directors will strictly enforce this rule.

11. All new member teams are placed on a one-year probation period.
12. (Moved to Rules of the Game #24)
13. A list of each team's facilities and a map or directions to each field shall be provided to the League Directors at roster hand-in.
14. Chains and down makers will be provided by the home team. Being placed on opposite side of the announcers booth (Rev. 01-11)
15. A player is restricted to play in one (1) tackle football team during IVYTFL season (first practice until Championship). If a team is found to have players participating in multiple leagues, that team will forfeit all games the player or players participated in and the player or players will be banned permanently from IVYTFL.
16. Each team will have the identification registration provided by the teams on the playing field (including copy of birth certificate and recent picture).
17. All teams will be required to follow a set schedule, in the interest of safety, have helmets and facemasks recertified every two (2) years.
18. NO high school students will be allowed to play.
19. No alcoholic beverages allowed at practice or games. Smoking is not allowed on the sidelines of any League game. A smoking ban is in place at many of the fields being played on (Illinois State law prohibits smoking on any school property). Please observe these rules when posted.
20. IVYTFL will assess yearly fees to cover the cost of operating the League. Each member organization is responsible for an equal share in the expense of operating IVYTFL.
21. Voting procedures to amend and or add to the By-Laws are as follows:
 - A. One vote per team.
 - B. Registered officer of each team, or in their absence a designee, casts vote.
 - C. A two thirds (2/3) majority vote of those present is required to pass or amend a By-Law.
22. The League has established a team representative (member of Board, coaches, stats, etc.) dress code. The representative must wear a designated team shirt. Accessories such as bandannas, heavy jewelry, gloves, etc. will NOT be allowed. Caps may be worn with the bill pointing forward.
23. Any player or Cheerleader caught by Game Officials or Cheer Competition Judges will be ejected for use of profanity and suspended the next week game. Second offense will result in being expelled for the remainder of the year. (Added 1/3/18).
24. Any Coaches caught by Game Officials or Cheer Competition Judges will be ejected for use of profanity and suspended the next week game. Second offense will result in being expelled for the remainder of the year. (Added 1/3/18).
25. Disciplinary Problems: A team representative must be at a League meeting (either a regular/special meeting) and present the following:
 - A. Any occurrence of, or violation of, any by-laws or behavior issues set forth in the rules of the IVYTFL, must be immediately reported to the IVYTFL President and the Board. Whereas the President will convene a meeting day and time to discuss the issue or issues.
 - B. The offending team or teams will have a representative and those who were involved available to be interviewed and to present their case.
 - C. The offending team or teams will advise the IVYTFL board at that time what disciplinary action was taken by the individual team board(s) and what they have done or will do to correct the behavior.

- D. In any case the investigation by the IVYTFL board was not concluded it may extend to additional meetings depending on IVYTFL discretion. In this case, possible temporary discipline may be issued until further investigation.
- E. Investigation must include the following: interview of offending team/ organization, interview/ questioning of individual(s) involved in offense, review all supporting document(s).(Added 3/2/16)
- F. After the investigation, the IVYTFL will render a verdict in which the offending team or teams will not have a vote, and issue discipline if needed. Discipline may include and is not limited to; individual(s), team(s), or club probation/suspension/ejection from the League. (added 1/6/16)
- G. Any team that is on probation for a disciplinary reason is ineligible for the post season in any level of play.
- H. All IVYTFL rulings are FINAL. (The is no appeals process)
- I. Any Team or Club ejected from the IVYTFL could be reinstated if;
 - a.A suspension is served at IVYTFL discretion
 - b.One year playoffs suspension
 - c.IVYTFL reserves the right to have any team or individual permanently ejected from the League.
 - d.Will not be allowed proposal rights or voting rights for one (1) year.
 - e.The team ejected may be reinstated only after agreeing ton IVYTFL conditions and By-Laws. (Added 12/03/2014)

26. There will be NO play-by-play announcing while the play is actually taking place.

27. Referee fees for 2018

- Will be \$52.50 per game = \$210.00 per day for Officials. (Rev 02/1/17)
- Flat \$400.00 fee will be given to the IVYTFL Official Organizer of officials.
- IVYTFL will pay for referee for Ivy Bowl (added 12/6/2014) INCLUDING PAY FOR CLOCK KEEPER (Added 12-6-17)
- \$25.00 per game for referee to run game clock optional for regular season and playoffs accept Superbowl mandatory per play off rules. (Added 1/6/16).

28. Officials will only be paid for the games they have officiated that have been started and are in progress. If a game on a schedule day is rained out and not started no pay will be received. If a game is in progress and has not started the fourth quarter it will not be considered a complete game and the Officials will be paid for the whole game. Unless both teams agree to cancel the remainder of the game. Which will be considered a complete game. If the games are continued at a later date the officials will be paid for a full game. A rescheduled fee of \$10.00 will be access to those Officials that were associated and schedule for the day of the rainout or cancellations and are rescheduled to officiate and participate on the reschedule date. Only if not receiving pay for continued games that were postponed. (Added 2/7/18)

29. No advertising or soliciting shall be done at any game except by home team, unless specific permission is given by home team.

30. Grilling tailgating and catering style of any kind is prohibited, or other food warm devices are prohibited unless used by hoist team for concession stand use. (Added 12-7-11)

31. An organization cannot skip participating in a league event, to attend another league event. An organization may choose to not participate in the league event, but will not schedule other football/cheer activities in lieu. (Added 03-13).

32. No golf carts will be allowed at home team facilities by visiting team, players, parents and coaches. Exception to this, approved member organization team carts used in the transportation of equipment. (Added 01-08-14)

33. All member teams coaches will be level 1 USA Football Certified. Proof of certification to be presented at preseason league meeting. (Rev 01-01-17)

DYNAMITE LEVEL RESTRICTIONS

1. Dynamite team is comprised of 5 & 6 year old players only (No weight restrictions). The games will be played jamboree style and there is no movement between the Dynamite team and other teams participating in IVYTFL.

2. Only two coaches from each team are allowed on the field. (Added 12-7-11)

PLAYOFFS

1. The League has established an all team playoff system when possible described below. The IVY Board will make final decision on playoff schedule and seeding.
2. The following criteria is established to determine seeding for the playoffs
 - B. Overall record
 - C. Head to Head wins
 - C. All ties will be broken by toughness of schedule (being decided on final play of normal season with . Removal of teams involved. 1 seed = 11 points minus of one point down to 11 seed = 1 point).
 - D. If Head to Head or **toughness of schedule does** not work, coin toss (to occur on final day of regular season games at a mutually agreed upon location with League officers presiding).(Added 2/3/16)
3. No player will be allowed to move up or down any division after the conclusion of the regular season (Added 12/03/2014).
4. Officials to officiate Superbowl games need to be picked by Ivytfl Board.(Added 3/4/15)
5. Referee to run Game clock at superlight, lightweight, junior varsity, and varsity Superbowl games. (Added 1/6/16)

DUAL TEAM ALIGNMENT RULES

1. Players will remain on the same team if returning in the same division.
2. Players who advance to the next weight division will be placed in a pool and be divided one-by-one by the head coaches.
 - A. The oldest player regulates family participation.
 - B. Coaches and support staff (medical, equipment, etc.) will regulate family participation.
3. Newly registered players will then be put in a pool and coaches will pick one-by-one until the first team is completed based on a teams' maximum per team. The remaining players will fill the other team's quota.
4. A new expansion team (second, third or fourth) can have a one-day evaluation practice prior to their selection draft, up to one month preceding the first scheduled day of practice. The draft shall be a one-on-one pick until the teams' roster is achieved.

IVY BOWL Rules (Added 1/3/18)

1. IVY Bowl Head Coaches follow rotation as listed on IVY Bylaws for positions. Except when team has hosted the previous year must pass to next team. Until a team accepts the head coach position.
2. IVY Board will decide host team at event host Meeting.
3. Host team will host practice for both sides.
4. All head coaches from teams are allowed to assist coach and will be split up evenly by IVY Board.
5. IVY Board will determine number of kids from each side allowed to be sent.
6. If a team is unable to send the amount of kids to the IVY Bowl that they were allotted. The IVY Board will assign those spots to another team.
7. No Junior Varsity Play down players allowed to Ivy Bowl. (Do to not playing at varsity level)
8. The IVY Bowl will be played under the same rules as regular season play as written in the IVY Bylaws.
9. One IVY Board Member will be in charge of taking attendance for both teams for IVY Bowl practices.
10. Maximum of three practices are allotted for each IVY Bowl team.
11. IVY Bowl players must practice at least two practices to be allowed to play and receive jersey for IVY Bowl.

CAMPS

1. Each team will be allowed to hold a camp, that is run by the organization.
2. The camp will be 3 days or less, not to exceed twelve (12) hours and the three (3) days do not need to be consecutive. (Rev. 01-08-14)
3. The coaching staff of each team can be present at this camp.
4. The camp must take place after registration of players.
5. The camp can only be from May 1st to July 1st.
6. They must be open to the public.
7. All camps must be voluntary.
8. No player or players shall wear pads.
9. All high school and college camps are exempt.

NEW TEAM APPLICATION RULES

1. To join the IVYTFL you must be able to pay 2200.00 dollars on or before the January meeting, to be used for first year fees and part of the second year fee's.
2. If a team wants to join IVYTFL they must let the IVYTFL board member know before JANUARY meeting. (Added 12-7-2012)

NEW TEAM QUESTIONS

1. How long has your organization been together?
2. Can you field four teams ages 5 to 14?
3. What is the approximate number of children in your program?
4. Do you have a cheerleading program?
5. Do you have a governing board and how many people make up the board?
6. Do you have your own equipment and are your helmets certified every two years?
7. Do you have a facility and all the traditional equipment? (Scoreboard, goalposts, bleachers, concessions, toilets, etc.?)
8. Are you part of a league now?
9. What league do you belong too?
10. How long have you been in this league?
11. What is this leagues contact information?
12. Does your league have a cheer competition and a super bowl?
13. Approximate size of your coaching staff?
14. How long is your season?
15. Are there other teams you would recommend contacting?
16. Have you had any issues, warnings or disciplinary actions taken against your org. from this league?
17. What are you likes and dislikes of your current league?
18. How did you hear about IVY?
19. Why do you want to join IVY?
20. What do you feel you can bring to IVY?
21. Have you read do you understand and are you willing to abide by IVY's by-laws?

Illinois Valley Youth Tackle Football League Cheerleading Guidelines

Section 1, **MANAGEMENT:**

A cheer committee will be made up of one(1) representative from each IVYTFL member organization and follow the same officers guidelines established for the IVYTFL Board of Directors' as defined on page one of the By-Laws.

The cheer committee will establish meeting dates at the first meeting of the calendar year. Meeting dates for the 2018 season will take place on the first Wednesday of each month at 7pm at Bradley Field for the months of February, March, May, July, August, September, October, and November.

At the cheer committee's discretion additional meeting dates may be scheduled as needed.

Section 2, **GUIDELINES:**

The following grade requirements apply to cheerleading:

Dynamite – Kindergarten Grade (optional)

Superlight - First and Second Grade

Lightweight - Third and Fourth Grade

Junior Varsity - Fifth and Sixth Grade

Varsity - Seventh and Eighth Grade

1. Participation is governed under IVYTFL By-Laws and is open to Girls and Boys ages 6 before September 1 and age 14 not to be 15 before September.

GENERAL RULES SPECIFIC TO CHEERLEADING

1. As stated in IVYTFL By-Laws, General Rules #5, NO TRYOUTS are allowed.
2. A participant may move up in a division based on the individual boards discretion but may not move down a division. However, participation in the IVYTFL cheer competition will follow the IESA Cheer Competition Rules and Guidelines. (Amended 1/3/18)
3. Any contagious Medical condition must have a Medical release to return back to a cheer squad. This includes competition. Added 1-4-2012
4. Any Cheerleader caught by Game Officials or Cheer Competition Judges will be ejected for use of profanity and suspended the next week game. Second offense will result in being expelled for the remainder of the year. (Added 1/3/18).
5. Any Coaches caught by Game Officials or Cheer Competition Judges will be ejected for use of profanity and suspended the next week game. Second offense will result in being expelled for the remainder of the year. (Added 1/3/18).

CHEER COMPETITION RULES AND GUIDELINES

I. PARTICIPATION

- D. Participation in the IVYTFL Cheer Competition is mandatory. All four (4) cheer divisions (excluding pom squads) from each IVYTFL member organization that cheers during the regular season is required to participate.
- E. **Squads with less than 5 cheerleaders** may choose to be exempt from competition OR move the entire squad up to the next higher division. If the squad with less than 5 cheerleaders is the Varsity level they may move down to Junior Varsity. A squad that is moving to another division must move as a whole and cannot be split. Dynamite cheerleaders are excluded from this exception and must cheer at the dynamite level for competition.
- F. An individual cheerleader may only participate in one routine at competition.
- G. Cheerleaders with handicaps will NOT be discouraged from competing. The judges will be advised prior to competition of their status and all handicapped cheerleaders will participate as any other cheerleader.

II. LOCATION AND DATE

- A. The cheer competition will be held in October on a date set by the IVYTFL Board of Directors. The date is to preferably be the weekend of the second round of football playoffs on the opposing date of the games.
- B. The site of the Cheer Competition will be on a year to year bases with board approval after each year on who will host the cheer completion (Rev 02/1/17).

III. COMPETITION HOST RESPONSIBILITIES

- A. The hosting team is responsible for coordinating and handling all aspects of hosting the IVYTFL cheer competition, this includes, but is not limited to securing a venue, security, videography, and distribution of tapes and novelties.
- B. IVYTFL and the events host will not be responsible for accidents, injuries, or illness that occur before, during, or after the competition.
- C. **Judges:** The hosting team is in charge of finding and securing judges for the competition. Judge selection should begin after the March meeting and judges should be secured by the September meeting.
 1. Judges will be IHSA licensed. Non-licensed judges may be utilized for competition at the discretion of the cheer committee. It will be the responsibility of the hosting team to present the non-licensed judges credentials and/or experience to the cheer committee for approval. A majority vote from the cheer committee is required for approval of the non-licensed judge to participate in competition.
 2. Judges must not have any affiliation with IVYTFL or the event's host.
 3. IVYTFL will contribute a total of \$500 to the cost of IHSA licensed judges for competition day; any remaining balance for the cost of IHSA licensed judges will be the responsibility of the hosting team. If the cheer committee approves non-licensed judges for competition day the cost of judges will be the responsibility of the hosting team. For non-licensed judges: It is up to the discretion of the IVYTFL board to decide if the cost of judges necessitates a financial contribution from IVYTFL. Should a financial contribution from IVYTFL be necessary for non-licensed judges the amount will not exceed \$500.

IV. IVYTFL RESPONSIBILITIES

- A. IVYTFL will contribute a total of \$500 to the cost of IHSA licensed judges for competition day; any remaining balance for the cost of IHSA licensed judges will be the responsibility of the hosting team. If the cheer committee approves non-licensed judges for competition day the cost of judges will be the responsibility of the hosting team. For non-licensed judges: It is up to the discretion of the IVYTFL board to decide if the cost of judges necessitates a financial contribution from IVYTFL. Should a financial contribution from IVYTFL be necessary for non-licensed judges the amount will not exceed \$500.
 - B. IVYTFL will provide trophies for first, second, and third place only.
- V. **CHEER DIRECTORS:** Only one (1) cheer director from each member organization will be allowed to attend the cheer directors meeting prior to the start of the competition with the judges. No non-director coaches will be allowed at the meeting and it is the responsibility of each director to discuss all rules with their coaches prior to the competition and to give them any updates from the directors meeting.

VI. RULES

- A. Each squad must be under the supervision of a coach or an adult at all times. Coaches will be responsible for their squads conduct at all times.
- B. Cheer competition will follow the Illinois Valley Youth Tackle Football League Official Rules & Regulation as established by the cheer committee and the NFHS Spirit Rules Handbook and must be approved by the IVYTFL Board of Directors. The rules will be revised yearly and any changes will require a two thirds majority vote by the cheer committee and the IVYTFL Board of Directors.
- C. **CONDUCT**
 1. Non-performing squads are to remain orderly and quiet (outside of normal cheering for a squad) while another team is performing. Good sportsmanship is required.
 2. There is absolutely no "coaching" from the sidelines during a squad's performance. Coaches will be required to stand in the coaches boxes which will be located behind or beside the DJ table.
- D. **RULES FOR ROUTINES**
 1. Routines for competition MAY NOT exceed three (3) minutes in length (but may be under 3 minutes). The routine must consist of a minimum of 30 seconds of full cheer and total music CANNOT exceed 1 minute and 30 sec. If a routine is judged to have exceeded the maximum time and/or does not

- include a full 30 seconds of cheer a five (5) point deductions will occur. Judging and timing will begin once your music or cheer has started and will end when the cheer or music stop. All music and wording of music and cheers must be age appropriate and approved by the IVYTFL cheer directors.
- Each team is responsible for their own music. You should test your music upon arrival in the morning. Please have an extra copy of your music for a back-up.
 - Squads will perform and practice in the order that their names were drawn prior to the competition. The competition will not be delayed for a late squad (no exceptions). This includes floor practice time prior to the start of the competition.
 - Poms and signs are allowed to be used during the competition at all levels. A squad choosing to use these props must carry them on during their performance. There is NO pre-placement of poms or signs by anyone at any level before taking the mat for competition.
- E. STUNTING, MOUNTING, AND TUMBLING
- The **IESA** Spirit Rule Book is to be used as a guideline for mounting. Since this is a recreational league, final mounting approval must come from the cheer directors. If there is any question about a mount, it needs to be discussed by the cheer directors at a regularly scheduled meeting. If there is a question regarding a mount (DON'T do it). A 15-point deduction will be taken for illegal mounts or stunts.
 - The following cheerleading actions are allowed: cheers, partner stunting, pyramids, dance, jumps, kicks, splits, leaps, turns and tumbling. The following: splits, round-offs and cartwheels are considered tumbling stunts
 - All stunting and tumbling must be performed completely on the mat. All tumbling approach must also begin and end on the mat. A deduction will be taken for any tumbling and/or stunting done off the mat. (Amended 3/3/2010)
 - All pyramids are limited to a maximum of 2 high (base+1). No participant is allowed to individually support the weight of 1 or more teammate. A pyramid more than 2 high will result in an immediate disqualification. Each participant above the shoulders or extensions must have their own back spotter. All bases and spotters must be competing squad members on the floor. Coaches may be safety guides if needed.
 - Full extensions are allowed at the Varsity and Junior Varsity levels. They also may be performed at the Lightweight level but require a front spotter. The Superlight level is NOT allowed to do full extensions.
 - No basket tosses at any levels are allowed. (Added 1/3/18).**
- F. APPEARANCE
- The following items are allowed: hair pieces (i.e. "phony pony"), hair bows, scrunches, and bobby pins.
 - The following items are **NOT** allowed: costume/dark makeup, glitter, jewelry, nail polish, hair combs, hair clips, metal barrettes, or costumes (only team uniform).
 - Taping and/or soft braces will be allowed on any body part. No casts or metal braces are allowed. (amended 3/3/2010)
 - Squads may use temporary facial tattoos as long as they are spirit/cheer related. The tattoos must be matching for each squad. Glitter tattoos are NOT allowed.
 - Junior Varsity and Varsity cheerleaders may wear natural looking makeup. Dark makeup and costume makeup (i.e. eyeliner, lipstick) is NOT allowed.
 - A squad's entire uniform, including hair accessories & socks, must all be the same color and style for each member of the participating squad.
 - Shoes must be white and clean, but do not have to match.
- G. JUDGES AND SCORING
- Judges will use the 2015-2016 **IESA** Competitive Cheerleading Score Sheet, **IESA** Competitive Cheerleading Scoresheet Rubric, **IESA** Competitive Cheerleading Rubric and Scoresheet Instructions and Definitions, and a deduction sheet created by the IVYTFL cheer committee.
 - Score sheets will be collected immediately after each squad's performance and given to three (3) tabulators. Final placement will be checked by three (3) designated cheer directors before the results are announced. The score sheets will be released to each town's cheer director at the end of the day. Cheer directors will receive only their squad's score sheets.
 - In the event of a tie, the total of "overall effect" category will be used to break the tie. The judges decide the tie breaker.
 - After trophies have been awarded, all judges' decisions and awards are final.
- H. The first place winners from the cheer competitions at all four (4) levels may choose to perform their winning routine at halftime of the Championship. During the halftime, the cheerleaders of the teams participating in the game are allowed to do a hello cheer. The only performance with music allowed is for the competition winners.

Attachment 1: WEIGHT CHART

As of the **March 1st, 2018** the IVYTFL Board has approved its' weight chart policy to be used during the **2018** season. This weight chart eliminates the option of weighing with or without equipment, and players simply weigh-in with the following requirements:

Required Equipment at all weigh- INS:

1. Game shoes
2. Socks
3. Game pants
4. Knee and thigh pads
5. Girdle and all girdle pads
6. Game jersey

All Stripers are required to show helmet at weigh-ins.

Equipment not required at weigh- ins: shoulder pads, rib pads, neck rolls

2018 SEASON AGE & WEIGHTS

Super-Light	Age	Weight
Non Striper (backfield eligible)	6-8	80.9 lbs. & under
Single Striper	6-8	81 to 90.9 lbs.
Double Striper **	6-8	91 lbs. & up
Age 9 on or before September 1 st	9	65.9 & below
Light-Weight	Age	Weight
Non Striper (backfield eligible)	8-10	100.9 lbs. & under
Single Striper	8-10	101 to 110.9 lbs.
Double Striper **	8-10	111 lbs. and Up
Age 11 on or before September 1 st	11	85.9 or below
Junior Varsity	Age	Weight
Non Striper (backfield eligible)	9-12	125.9 lbs. & under
Single Striper	9-12	126 to 135.9 lbs.
Double Striper **	9-12	136 lbs. and Up
Age 13 on or before September 1 st	13	95.9 or below

** All Double Stripers at Superlight, Lightweight and Junior Varsity must be approved by the IVYTFL Board of Directors. An approved Double Striper can only be moved up one level of play based on the established age/weight Chart by the Board. It is the team's discretion to move that player up based on ability.

Varsity	Age	Weight
Non Striper (backfield eligible)	10-14	160.9 lbs. & under
Single Striper	12-14	161 to 195.9 lbs.
Double Striper	12-14	196 to 275.9 lbs.

At Varsity level, double stripers do not have to be IVYTFL Board Approved.

All Ages listed are as of September 1st of the respective year for the season.

IVYTFL 2016 Competition Deduction Sheet

Team: _____

Level: _____

Appearance	Possible Deduction	Team Deduction
<u>Uniformity</u> (Matching uniform, socks, hair accessories) (Shoes clean and white)	-1	
<u>Metal Clips on Bows/in hair</u> (Bobby pins permitted)	-1	
<u>Nail Polish/Jewelry</u> (No use of makeup, glitter, nail polish----JV & V levels allowed to wear "natural-looking" makeup.) (Nails must be trimmed to below fingertips)	-1	
Performance	Possible Deduction	Team Deduction
<u>Entire Routine</u> (3 minute maximum) Total Time: _____	-5	
<u>Cheer Requirements</u> (cheer must be minimum of 30 seconds total) Total Time: _____	-5	
<u>Coach Assistance</u> (No coaching/assistance during performance)	-5	
<u>Boundary Infractions</u> (No stepping off matt to include: during dance, tumbling or for use of props)	-5	
Stunts	Possible Deduction	Team Deduction
<u>Unsafe Stunts</u> (Superlights - No fulls, must have front & back spotters) (Lightweights - Fulls permitted with front & back spot) (JV & Varsity - Back spotters required for all) All Levels - No one person can support the weight of another independently with feet above the shoulders	-15	
<u>Spotter Eye Contact</u> (Front and back spotter - eyes on flyer and all times)	-5	
Team	Possible Deduction	Team Deduction
<u>Unsportsmanlike Conduct</u> (Harassing, taunting, swearing, booing - includes coaches)	-5	
Total Deductions		

Judges Initials: _____

The preceding By-Laws were approved by a vote of () yes, () no and () absent votes and they were signed by a designee from each of its' Member Organizations on, _____ / _____ / _____.

Bradley – _____

Monee – _____

Morris – _____

Steger – _____